



2/2009

Iowa Child and Adult Care Food Program Iron-Fortified Infant Cereal Recipes

(Attachment to CACFP Infant Reimbursable Foods List)

Iron fortified infant cereal (IFC) is a required part of the infant meal pattern at breakfast, and IFC or a meat/meat alternate must be served at lunch/supper for infants 8 through 11 months of age (until 1st birthday). Both meats and IFC are good sources of iron, which is especially important for infants at this age. However, older infants may reach a point in their development where they can chew and swallow foods with more texture, and may object to the consistency of IFC. These recipes are provided as a way to offer IFC in a form that may be preferred and accepted by older infants. Before serving, be sure that parents have indicated that the baby has first been introduced to all the ingredients, and that the infant may be served these foods. When served, label as IFC Muffins or IFC Pancakes on the infant menu. (These recipes do not credit toward the bread/cracker optional component at snack for infants 8-11 months old (until 1st birthday).)

IFC Muffins

2 egg yolks
1 cup iron fortified infant formula (IFF)
¼ cup vegetable oil
1½ cups rice iron-fortified infant cereal (IFC)
½ cups enriched wheat flour
½ cup sugar
1 Tbsp. baking powder

Heat oven to 400° F. Grease bottoms of 12 muffin cups (or use paper lines). Beat egg; stir in milk and oil. Mix in remaining ingredients until moistened. Batter should be lumpy. Fill muffin cups ¾ full. Bake 20 minutes.

Yield: 12 muffins

Credit: One muffin credits as one serving of IFC (2 Tbsp.). The formula doesn't contribute to the IFF requirement.

IFC Pancakes

2 egg yolks
1 cup iron fortified infant formula (IFF)
2 Tbsp. vegetable oil
¾ cup rice iron-fortified infant cereal (IFC)
¾ cup enriched wheat flour
1 Tbsp. sugar
1 tsp. baking powder
½ tsp. baking soda

Beat egg yolks; add remaining ingredients in order listed. Beat with a spoon until only small lumps remain. Grease heated griddle and divide batter into 6, 4-inch pancakes. Turn pancakes as soon as they are puffed and full of bubbles. Bake other side of pancake until golden brown. May be served with applesauce instead of syrup.

Yield: 6, 4-inch pancakes

Credit: One pancake credits as one serving IFC (2 Tbsp.). The formula does not contribute to the IFF requirement.

Adapted from original recipes from Child Care Resource and Referral, St. Paul, MN.